

What is claimed is:

1. A conjugated-fatty acid ester containing a conjugated fatty acid with conjugated double bonds, especially conjugated linoleic acid, within the molecule, wherein the conjugated fatty acid forms an ester bond with glycerol to form conjugated fatty acid glyceride.

2. An oral agent with an action to improve lipid metabolism, an anti-obesity action, or an action to prevent or therapeutically treat hyperlipidemia, said oral agent comprising a conjugated fatty acid glyceride containing, as the effective ingredient, a conjugated fatty acid with conjugated double bonds, especially conjugated linoleic acid, within the molecule, and pharmaceutically acceptable ingredients.

3. The use of a conjugated fatty acid ester containing a conjugated fatty acid with conjugated double bonds within the molecule, in the preparation of an oral agent for use in the improvement of lipid metabolism, anti-obesity, or the prophylaxis and/or therapeutic treatment of hyperlipidemia, wherein the conjugated fatty acid within the molecule forms an ester bond with glycerol to form conjugated fatty acid glyceride.

4. The use of the conjugated fatty acid ester according to claim 3, wherein the conjugated fatty acid is conjugated linoleic acid.

5. A milk-based drink for improving lipid metabolism, comprising a milk and a conjugated fatty acid glyceride mixed with said milk, said conjugated fatty acid glyceride containing a conjugated fatty acid with conjugated double bonds within the molecule.

6. A soybean milk for improving lipid metabolism, comprising a soybean milk and a conjugated fatty acid glyceride mixed with said soybean milk, said conjugated fatty acid glyceride containing a conjugated fatty acid with conjugated double bonds within the molecule.

7. A capsule type dietary or nutritional supplement for improving lipid metabolism, comprising a capsule molded with a capsule base and a conjugated fatty acid glyceride encapsulated with the capsule, said conjugated fatty acid glyceride containing a conjugated fatty acid with conjugated double bonds within the molecule.

8. A tablet type dietary or nutritional supplement for improving lipid metabolism, comprising a tablet base and a conjugated fatty acid glyceride, said conjugated fatty acid glyceride containing a conjugated fatty acid with conjugated double bonds within the molecule.